

## CLASS GUIDE, BY DAY

MONDAY	MONDAY CLASSES	DAY	DATES	TIMES	ROOM LOCATION	TYPE
	CREATIVE STITCHERY	M	ONGOING	9:00AM-12:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	T'AI CHI	M	ONGOING	10:15AM-12:00PM	MULTI A	EXERCISE
	LIFETIME OF STRENGTH, ENDURANCE, AND FLEXIBILITY	M/TH	8/1-9/12	M 1:00PM-2:30PM TH 10:00AM-11:30AM	MULTI A	EXERCISE
	WOODCARVING	M	ONGOING	1:00PM-4:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	CHINESE FOLK DANCING GROUP	M/W	ONGOING	7:00PM-9:00PM	DANCE + MOVEMENT ROOM	DANCE
	SOCIAL DANCE CLUB	M	ONGOING	7:00PM-9:00PM	MULTI A	DANCE
TUESDAY	TUESDAY CLASSES	DAY	DATES	TIMES	ROOM LOCATION	TYPE
	DRAWING AND WATERCOLOR	T	7/5-8/9	9:00AM-12:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	STRONG FOR LIFE (SECTION 1)	T	ONGOING	9:30AM-10:15AM	DANCE + MOVEMENT ROOM	EXERCISE
	STRONG FOR LIFE (SECTION 2)	T	ONGOING	10:30AM-11:15AM	DANCE + MOVEMENT ROOM	EXERCISE
	KARAOKE	T	ONGOING	1:00PM-4:00PM	ARTS + CRAFTS ROOM	MUSIC
	LOW IMPACT AEROBICS	T/TH	7/19-9/1	1:00PM-2:00PM	MULTI A	EXERCISE
	WORKOUT ON BROADWAY	T/TH	7/5-8/11	1:00PM-2:30PM	DANCE + MOVEMENT ROOM	DANCE
	CHINESE CHORUS	T	ONGOING	2:30PM-4:30PM	MULTI A	MUSIC
	WII BOWLING	T	7/5-8/30	2:30PM-3:30PM	SOCIAL HALL	EXERCISE
WEDNESDAY	BELLY DANCING	T	ONGOING	7:15PM-8:30PM	DANCE + MOVEMENT ROOM	DANCE
	WEDNESDAY CLASSES	DAY	DATES	TIMES	ROOM LOCATION	TYPE
	CERAMICS, SMALL SCULPTURE	W	7/6-8/10	9:00AM-12:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	PAINTING CLUB	W	ONGOING	9:00AM-12:00PM	MULTI B	ARTS + CRAFTS
	MUSICALLY EDUCATED AUDIENCE	W	7/6-8/10	9:30AM-11:30AM	MULTI A	MUSIC
	YOGA, THERAPEUTIC FOR SENIORS	W	ONGOING	10:00AM-11:15AM	DANCE + MOVEMENT ROOM	EXERCISE
	CERAMICS, BASIC/INT. TECHNIQUES	W	7/6-8/10	1:00PM-4:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	KNITTING AND CROCHETING CLUB	W	ONGOING	1:00PM-3:30PM	MULTI B	ARTS + CRAFTS
	ORCHESTRA	W	7/6-8/10	1:00PM-4:00PM	MULTI A	MUSIC
	QIGONG: EVENING	W	7/6-8/10	5:30PM-7:00PM	MULTI A*	EXERCISE
	CHINESE FOLK DANCING GROUP	M/W	ONGOING	7:00PM-9:00PM	DANCE + MOVEMENT ROOM	DANCE
	JOY OF MOVEMENT	W*	ONGOING	7:00PM-9:00PM	SOCIAL HALL	EXERCISE

\*See class description for special time and location information for this course

### REGISTRATION INFORMATION

Classes that occur at the Senior Center are sponsored by a number of different adult education agencies. Looking at the class description will tell you if the class is run by Mountain View—Los Altos Adult Education, Foothill Community College, In-Class, or a Volunteer. To sign up, follow the instructions at the top of each page.

CLASS NAME	SIGNUP	DAY	DATES
A LIFETIME OF STRENGTH, ENDURANCE AND FLEXIBILITY - Warm-up, walking aerobics, toning, and stretching. Learn to strengthen your body. No class fee.	FOOTHILL	M/TH	8/1-9/12

**STEP 1:** Locate the "Signup" agency for the class.

**Foothill**  
To register for a Foothill class, visit the class and the instructor will have the registration paperwork. Additional info: call Foothill at (408) 864-5300.

**STEP 2:** Follow the signup information located at the top of each page.



## CLASS GUIDE, BY DAY

THURSDAY	THURSDAY CLASSES	DAY	DATES	TIMES	ROOM LOCATION	TYPE
	QIGONG: MORNING	TH	ONGOING	10:00AM-11:30AM	COMMUNITY CENTER*	EXERCISE
	LIFETIME OF STRENGTH, ENDURANCE, AND FLEXIBILITY	M/TH	8/1-9/12	M 1:00PM-2:30PM TH 10:00AM-11:30AM	MULTI A	EXERCISE
	ZUMBA GOLD	TH	7/21-10/6	10:30AM-11:30AM	DANCE + MOVEMENT ROOM	EXERCISE
	MEMOIRS WRITING	TH	7/7-8/11	12:30PM-3:30PM	MEETING ROOM	ENRICHMENT
	FIGURE AND PORTRAIT DRAWING	TH	7/7-8/11	1:00PM-4:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	LOW IMPACT AEROBICS	T/TH	7/19-9/1	1:00PM-2:00PM	MULTI A	EXERCISE
	WORKOUT ON BROADWAY	T/TH	7/5-8/11	1:00PM-2:30PM	DANCE + MOVEMENT ROOM	DANCE
	BEGINNING SOCIAL DANCE	TH	ONGOING	2:45PM-4:30PM	MULTI A	DANCE
FRIDAY	FRIDAY CLASSES	DAY	DATES	TIMES	ROOM LOCATION	TYPE
	CALLIGRAPHY: CASUAL POINTED PEN	F	7/8-7/29	9:00AM-12:00PM	ARTS + CRAFTS ROOM	ARTS + CRAFTS
	FELDENKRAIS	F	7/8-8/12	10:00AM-11:15AM	MULTI A	EXERCISE
	ENGLISH ADVANCED CONVERSATION	F	5/13-7/15	1:00PM-3:00PM	MEETING ROOM	ENRICHMENT
	LINE DANCING	F	ONGOING	1:00PM-2:00PM	MULTI A	DANCE
	CHINESE FOLK DANCING GROUP	F	ONGOING	2:00PM-4:30PM	DANCE + MOVEMENT ROOM	DANCE
	SQUARE DANCING	F	ONGOING	2:15PM-3:15PM	MULTI A	DANCE

\*See class description for special time and location information for this course

